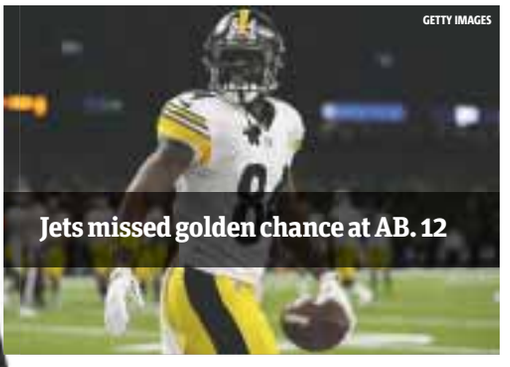
metro
NEW YORK CITY NO. 1 FREE DAILY IN T
Monday, March 11, 2019 metro.us | t: MetroNewYork | f: MetroN

GETTY IMAGES

MEGADETH TURN 35

The band is releasing "Warheads on Foreheads." 11


GETTY IMAGES

Jets missed golden chance at AB. 12

Great things to do in New York City this week. 10

ETHIOPIAN AIR TRAGEDY

Eight Americans were among the 157 passengers and crew killed after a new Boeing 737 MAX 8 crashed just after takeoff from Ethiopia en route to Kenya. 6

GETTY IMAGES

4 THINGS TO KNOW

1 R. Kelly alleged child-sex VHS tape found

Gary Dennis speaks at a news conference along with attorney Gloria Allred on Sunday in New York. Dennis said he found, and turned over to law enforcement, a VHS tape that appeared to show R. Kelly sexually abusing children.

DON EMMERT/AFP/GETTY IMAGES

2 A-Rod announces engagement to J.Lo

Retired baseball superstar Alex Rodriguez and pop star/actress Jennifer Lopez are engaged, he revealed in an Instagram post late Saturday night. A photo of (presumably) their hands and a large emerald-cut engagement ring was accompanied by the caption "she said yes" followed by a heart. The pair, who each have two children from previous marriages, began dating in February 2017. Rodriguez, 43, retired from baseball in 2016 and now works as an analyst for Sunday Night Baseball on ESPN. He was previously married to Cynthia Scurtis, but the couple divorced in 2008 after six years. Lopez, 49, has been married three times. She was most recently married to singer Marc Anthony, but they were divorced after 10 years of marriage in 2014.

3 Knicks owner has fan ejected for yelling 'Sell the team!'

New York Knicks owner James Dolan confronted a fan who yelled at him to "Sell the team!" in the waning minutes of Saturday's 102-94 loss to the Sacramento Kings. A TMZ video shows Dolan exiting toward the tunnel when he hears the fan and stops to call him closer. "You think I should sell the team?" Dolan begins. "You wanna not come to any more games?" "Why?" the fan responds. "Because that's rude," Dolan answers. "It's an opinion," the fan counters. "No, it's not an opinion and, you know what, enjoy watching them on TV," Dolan responds, before signaling to hold the man for security. Witnesses reported to TMZ that the man was held by police until security arrived to establish his identity and ask him to leave the building. It's unclear whether the fan is permanently banned from the arena. The Knicks are 13-53 this season — worst in the NBA.

4 Julia Ruth Stevens, 102, daughter of Babe, dies

Julia Ruth Stevens, the last surviving daughter of Babe Ruth, died Saturday after a brief illness, her family announced. She was 102. She died at an assisted living facility in Henderson, Nev., but until just a few years ago had spent an active life sharing the legacy of her father. Ruth adopted Stevens shortly after he married her mother, Claire Hodgson, in 1929. Stevens was 12 years old at the time. She was a fan of her father's first team — the Boston Red Sox — but also celebrated the New York Yankees. She served as an ambassador for the Ruth family, appearing at special events. Stevens threw out the ceremonial first pitch of the final game played at Yankee Stadium — "the House That Ruth Built" — in 2008. And on July 9, 2016, she threw out the first pitch at Fenway Park on her 100th birthday.

DELL

SMALL BUSINESS

BUILT FOR SMALL BUSINESS

Reach your full potential with 40% off select Vostro computers for incredible productivity.

Vostro Small Desktop
List price $741.43 | Save $296.44
$444.99
After coupon* **VOSTRO40**
As low as: $15/mo[Δ]
8th Gen Intel® Core™ i3 processor, Windows 10 Pro, 4GB memory*, 128GB* SSD
Order code: SMV3470W10PH2033

Add the Dell 23 Monitor – E2318H for $129.99 ($30 savings)

Add the Dell 24 Monitor - E2417H for $139.99 ($30 savings)

Vostro Small Desktop
List price $998.57 | Save $398.58
$599.99
After coupon* **VOSTRO40**
As low as: $18/mo[Δ]
8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 256GB* SSD
Order code: SMV3470W10PH2075

Vostro 15 5581
List price $1,055.71 | Save $421.72
$633.99
After coupon* **VOSTRO40**
As low as: $20/mo[Δ]
8th Gen Intel® Core™ i5 processor, Windows 10 Pro, 8GB memory*, 1TB* hard drive
Order code: CAV155W10PC23024P

48% OFF
Xerox Phaser 3260 Printer
List price $189 | Save $90
$99
With quiet operation, built-in wireless networking and a compact design, this printer fits exactly where you need it to be the most productive.
SKU: AA217385

SMALL BUSINESS TECHNOLOGY ADVISORS
OUR US-BASED TEAM CAN HELP YOU CUSTOMIZE THE RIGHT COMPUTER AND SERVICE OPTIONS FOR YOUR BUSINESS.

Shop Dell.com/businessdeals or call 877-BUY-DELL

FREE SHIPPING | PRICE MATCH* | EASY FINANCING[Δ]

*Offers valid 3/11/2019 - 3/14/2019 at 7:59 AM ET.
[Δ]**Dell Business Credit:** Offered to business customers by WebBank, Member FDIC, who determines qualifications for and terms of credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of $15 or 3% of the new balance shown on the monthly billing statement.
*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid only in Continental (except Alaska) U.S. Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Coupon VOSTRO40 valid through 3/14/19, at 8 am ET. Save 40% off select Vostro PCs. Coupon valid with select other offers, but not with other coupons. Limit of 5 items per customer. Excludes: Select Vostro PCs. See Dell.com/SBexclusions for details. Price Match Guarantee: If you find a lower-price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Small Business Tech Advisor and we'll walk you through the process. Learn more at dell.com/sb/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Dell ProSupport availability and terms vary by region. See dell.com/servicecontracts/global. Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, Xeon Inside, and Intel Optane are trademarks of Intel Corporation or its subsidiaries in the U.S. and/or other countries. Microsoft and Windows are trademarks of Microsoft Corporation in the U.S. and/or other countries. Screens simulated, subject to change. Windows Store apps sold separately. [1]Requires Office 365, sold separately. App availability and experience may vary by market. Dell, EMC, and other trademarks are trademarks of Dell Inc. or its subsidiaries. Copyright 2019 Dell Inc. All rights reserved. 284409

Shift to a modern desktop with Windows 10 and Office 365[1]

Windows 10

The mayor remains dead last among New Yorkers' picks for president.

GETTY IMAGES

De Blasio tests the waters for presidential run in South Carolina

The mayor said he would decide on a run "sooner rather than later."

MICHAEL MARTIN
letters@metro.us

Mayor Bill de Blasio visited the key presidential primary state of South Carolina this weekend, where he tested his message among progressive groups and said he would make a decision about entering the 2020 race "sooner rather than later."

It's the second trip to a primary state in two weeks for de Blasio, who is attempting to raise his profile among Democratic voters nationwide.

Accompanied by first lady Chirlane McCray, de Blasio visited the capital city of Columbia, where he spoke at a local Democrats club, held roundtables on mental health and legal justice and met with former state Democratic Party chairman Jaime Harrison, who may challenge Sen. Lindsey Graham for his seat in 2020, and attended a house party for local Democratic heavyweights, the Charleston Post and Courier reported.

On Sunday, the first couple headed to a church service, then to Charleston for an education roundtable.

"Sooner rather than later," de Blasio said about when he'd make a decision. "Obviously, there is a clock running, but the bottom line is we understand something like this is a huge, huge endeavor. It's a family decision. But we also know how important it is to go and talk to people, particularly in the states that will be decisive."

Some of de Blasio's hometown critics made the trip with him. The Police Benevolent Association paid for a digital billboard, which declared that de Blasio is "no friend of labor," to follow him around. The Transit Workers Union also bought advertising in the state labeling de Blasio a "corporate Democrat fauxgressive."

De Blasio attempted to defuse the criticism, Southern-style — "As we say in New York," he joked, "bless their hearts" — and played up NYC's progressive bona fides, saying his policies on safety, the economy and education had made life better for the average New Yorker.

"Obviously, there is a clock running, but the bottom line is we understand something like this is a huge, huge endeavor."

Bill de Blasio

Regardless of the temperature in the Palmetto State, New Yorkers haven't warmed to a de Blasio run. A Jan. 23 Quinnipiac poll ranked de Blasio dead last among New Yorkers' picks for president, with 5 percent of the vote.

Even Rep. Alexandria Ocasio-Cortez (who at age 29 is too young to run) outpolled him at 7 percent. Former Mayor Michael Bloomberg came in first at 28 percent, followed by Gov. Andrew Cuomo at 17 percent, and Sen. Kirsten Gillibrand — who has actually launched a 2020 presidential campaign — with 11 percent. Bloomberg announced last week that he would not run.

CARING
HAS A PLAN.
She has a name.
Her health plan
actually knows it.
SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.
VILLAGECAREMAX
$0 plan premiums*
up to $150
monthly over-the-counter card
* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.
Are you getting the most out of your Medicare plan?
MEDICARE HEALTH INSURANCE
Name/Nombre
JOHN L SMITH
SAMPLE
Medicare Number/Número de Medicare
1EG4-TE5-MK72
Entitled to/Con derecho a
Coverage starts/Cobertura empieza
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016
BENEFIT
villagecaremax.org
Call to enroll or make an in-person appointment
1-800-469-6292 (TTY 711)
8 am to 8 pm, 7 days a week
VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711).注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.
H2168_MKT19-14_M Accepted

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

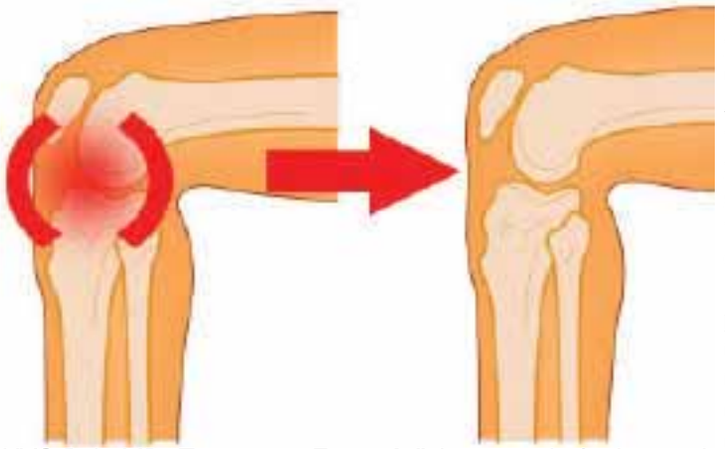
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St, Ste 1450
(bet Cliff & Pearl St)
New York, NY 10038

369 Lexington Ave, Ste 18 A
(bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

REUTERS

Ethiopian Airlines flight crashes, killing 157

Eight Americans were onboard the Boeing 737 MAX 8.

An Ethiopian Airlines passenger jet bound for Nairobi crashed minutes after takeoff on Sunday, killing all 157 people on board and raising questions about the safety of the Boeing 737 MAX 8, a new model that also crashed in Indonesia in October.

Sunday's flight left Bole airport in Addis Ababa at 8:38 a.m. local time, before losing contact with the control tower just a few minutes later, at 8:44 a.m.

"The pilot mentioned that he had difficulties and that he wanted to return," Ethiopian Airlines Chief Executive Tewolde GebreMariam told a news conference.

"There are no survivors," the airline tweeted alongside a picture of Tewolde holding up a piece of debris inside a large crater at the crash site.

Passengers from 33 countries were aboard, said Tewolde.

Eight Americans were reported killed.

The dead also included Kenyan, Ethiopian, Canadian, French, Chinese, Egyptian, Swedish, British, Dutch, Indian, Slovakian, Austrian, Swedish, Russian, Moroccan, Spanish, Polish and Israeli citizens.

At least four worked for the United Nations, the airline said, and the U.N.'s World Food Program director confirmed his organization had lost staff in the accident.

One of those reported killed was Tamarind Group CEO Jonathan Seex, from Sweden.

Weeping relatives begged for information at airports in Nairobi and Addis Ababa.

"We're just waiting for my mum. We're just hoping she took a different flight or was delayed. She's not picking up her phone," said Wendy Otieno, clutching her phone and weeping.

The aircraft, a 737 MAX 8, is the same model that crashed into the Java Sea shortly after takeoff from Jakarta on Oct. 29, killing all 189 people onboard the Lion Air flight.

The cause of that crash is still under investigation.

A senior U.S. government official said it was too early to tell if there was any direct connection between the two accidents, but that reviewing the issue would be among the top priorities for investigators.

The 737 is the world's best-selling modern passenger aircraft and is seen as one of the industry's most reliable.

A preliminary report into the October crash focused on airline maintenance and training and the technical response of a Boeing anti-stall system to a recently replaced sensor.

Boeing is working on a software patch, while insisting cockpit procedures were already in place to deal with problems that the Lion Air jet experienced.

Ethiopian's new aircraft had no recorded technical problems and the pilot had an "excellent" flying record, Tewolde said.

"We received the airplane on Nov. 15, 2018. It has flown more than 1,200 hours. It had flown from Johannesburg earlier this morning," he said.

Flight ET 302, registration number ET-AVJ, crashed near the town of Bishoftu, 38 miles southeast of the capital Addis Ababa, with 149 passengers and eight crew aboard, the airline said.

The flight had unstable vertical speed after takeoff, the flight tracking website Flightradar24 tweeted.

The aircraft had shattered into many pieces and was severely burnt, a Reuters reporter at the scene of the crash said. Clothing and personal effects were scattered widely over the field where the plane came down.

There was no immediate indication of what caused the crash and safety experts said it was too early to speculate, adding most accidents are caused by a cocktail of factors. Boeing said it was ready to help investigate. REUTERS

The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this … gulp… disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis. In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.

ErectionWave
Enhancement for Men

A **Breakthrough** Solution for **Men** Seeking Better **Erections** and Optimal **Sexual** Performance

Shockwave Treatment
✓ Opens Arteries Clogged with Plaque
✓ Increases Penile Artery Blood Flow
✓ Increases Size of Penile Veins
✓ Improves Penile Nerve Function
✓ Increases Stem Cells in the Penis
✓ Painless Natural Holistic Treatment
✓ Done In Office by Expert Provider

Priapus Shot
✓ Increases Penile Site by up to 3.5cm
✓ Proven in Many Peer Review Journals
✓ Uses Your Own Regenerative Cells

Testosterone Replacement
✓ Improves Sexual Desire and Helps ED
✓ Monitored by a Urologist so not Risky
✓ Do Not Settle for just Any Doctor!

Painless Sound Waves
✓ Easy 20 Minute Office Treatment
✓ Increases Penile Performance and Size
✓ 100% Natural without Chemicals
✓ Proven by Over 70 Scientific Studies

Eliminates the Need for Viagra, Injections & Penile Pumps
Throw out all your snake oil and come to see an expert in sex function! Our staff of expert providers will find out what is wrong and treat you based on the testing and your circumstances. Call us for a private appointment for evaluation and treatment.
800 Second Avenue, Corner of 42nd Street, New York City
(212) 661-0060

Dr. David Shusterman
Board Certified Urologist
Renowned Top Doctor
Expert in Sexual Function
Expert in Increasing Size
Founder and Developer
20 years treating ED
SexUrologist.com

the GRUMBLE

Pat King
Grumble Editor

and annoying for anyone trying to find an address, but imperative that residents and businesses are able to be accessed by emergency services in a timely manner. Valuable time cannot be wasted for anyone, especially if it's a life-and-death situation.

— Mark Becks-Gordon,
Metro US reader

ALL IMAGES ISTOCK

READER WRITE-INS:

DISPLAY ADDRESS NUMBERS ON BUILDINGS, PLEASE!!

I think this may have been grumbled about before, but all buildings need to have their street number prominently displayed on the outside, and lit at night, for the obvious reasons of police, fire and EMS response. It is not just inconvenient

VENT TO US!
GRUMBLE@METRO.US

Too cold to walk the dog? This is Batman Emilio Rodriguez and he says it's too cold to leave home.
— ANONYMOUS, METRO US READER

metro.us/horoscopes

Aries Look for new ways to conquer old problems. Call in favors from people you have helped in the past. Don't risk injury trying to do something without needed assistance.

Taurus Look for the safest route and get moving. Feeling passionate about something will fuel the fire and help you reach your goal. Don't trust someone who is trying to take charge.

Gemini Pay close attention to what others are doing, and keep your distance from anyone pledging to do the impossible. A partnership will be laced with uncertainty.

Cancer Call in people you trust to help you get things done. An unusual relationship will have more to offer than you first thought. Pick what works best for you.

Leo Take a closer look at what others are doing. Don't make a decision based on what you are told. Following someone who is pushy will end up costing you emotionally.

Virgo Do what makes you happy. Don't give in to someone who is overreacting or using unfair tactics to get you to do things differently. Use common sense and form stable partnerships.

Libra Consider what you want and work quietly on your own to avoid interference. A joint venture will lead to a disagreement and end up costing you emotionally and financially.

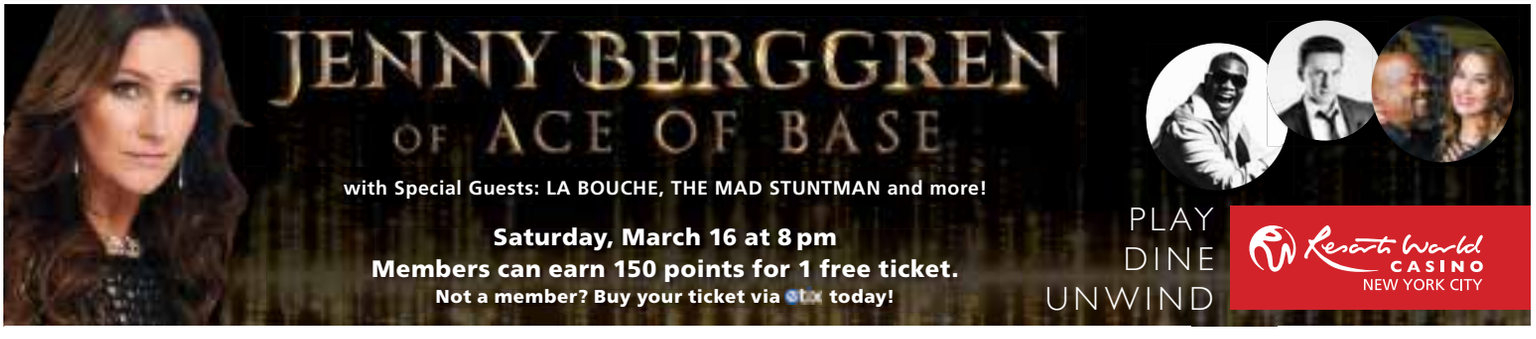
Scorpio You'll be drawn to a unique individual who opens your mind to interesting concepts and possibilities. Discover what works best for you, instead of following someone's prompts.

Sagittarius Stick to simple and doable projects. Work toward a goal that will advance you, not someone else. Verify information you are given before you take action.

Capricorn Change will bring new and exciting opportunities your way. Dress up your residence to suit your needs. Put comfort and convenience first, but don't let temptation lead you to overspend.

Aquarius Think twice before you get involved in something that may not be legitimate. You are better off chasing your own dreams instead of signing up to help someone else.

Pisces A change will be premature. Make sure you have covered every angle before you agree to something questionable. Know your limits and boundaries to make the right decision. EUGENIA LAST

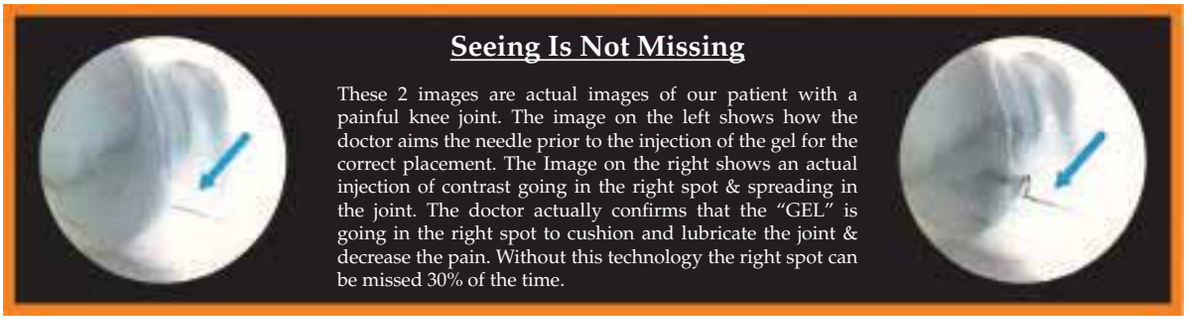

JENNY BERGGREN
OF ACE OF BASE
with Special Guests: LA BOUCHE, THE MAD STUNTMAN and more!
Saturday, March 16 at 8 pm
Members can earn 150 points for 1 free ticket.
Not a member? Buy your ticket via etix today!
PLAY
DINE
UNWIND
Resorts World CASINO NEW YORK CITY

ADVANCEMENTS IN JOINT PAIN RELIEF

A SPECIAL HEALTH UPDATE

"Can a 100% All-Natural Treatment for Knee Arthritis Take the Place of Total Knee Replacement Surgery and Make it Obsolete?"

Hundreds of People That Come To Our Clinic Are Choosing Our Treatment Over Painful Knee Surgery and Referring Their Friends – AND The Treatment is Covered By Most Insurers and Even Medicare!


Seeing Is Not Missing
These 2 images are actual images of our patient with a painful knee joint. The image on the left shows how the doctor aims the needle prior to the injection of the gel for the correct placement. The Image on the right shows an actual injection of contrast going in the right spot & spreading in the joint. The doctor actually confirms that the "GEL" is going in the right spot to cushion and lubricate the joint & decrease the pain. Without this technology the right spot can be missed 30% of the time.

Anyone who has ever experienced *knee pain* caused by *arthritis* can attest to how debilitating it can be and how it hampers even the simplest of day-to-day tasks. The excruciating pain coupled with limiting regular activities can be maddening.

And, up until now, there have been *limited options* on how to treat this. Pain medication with all the *negative side effects or agonizing surgery of total knee replacement* with recovery times that lasts for weeks and even months.

But Now There's Another Alternative

The *Arthritis Knee Pain Centers* has a treatment that's not only 100% *all-natural* and is covered by most insurance companies—and even Medicare! And if the federal government puts their stamp of approval on it, you know it's been rigorously tested, is legitimate and, most importantly, works!

For the past 5 years literally thousands of patients have come to *The Arthritis Knee Pain Centers* to get our *Viscosupplements (or Gel treatments)*, a revolutionary way to treat arthritic knees. Even though they're manufactured by a pharmaceutical company, these gels are NOT drugs. *They're all-natural!*

People Are Flocking To This Treatment

There is *no cure* for arthritis at the present time, regardless of what anyone tells you.

When arthritis affects the knee, the lubricating fluid—*synovial fluid*—dries up. There is nothing to coat the bones in the joint and they rub and grind together. Over time the pain steadily worsens because of this until it's almost unbearable.

Viscosupplement treatment works like a *"joint oil"*. The gels are injected directly into the knee right where it is needed. It lubricates and cushions your knee—and eliminates the pain— similar to oil lubricating your car's engine.

Remarkable, huh? A simple injection to cushion your joint. And the best part? The injections last up to 6 months on average. And they're virtually pain-free as well. We give you a local anesthetic before injecting the gel for your comfort.

Over-the-Counter Supplements Just Aren't The Same!

You may have heard about *glucosamine* and *chondroitin* and even *hyaluronic acid*. These supplements are given to slow down deterioration of the cartilage in the knee. They're *NOT* the same as our injections and many times don't work at all for some people. And you can only get gel injections from a doctor.

The Difference In Our Treatment

These gels that are injected are very thick and they need to be precisely injected into the knee joint. However, studies have shown that *30% of all injections miss the joint space. This can dramatically affect how the injections work... That's a third of all injection treatments!*

We use advanced *low-dose video fluoroscopy* so that pinpoints the problem area and shows where the injection needs to go to do the most good. With the *fluoroscopy* we can make sure the injection is precise and delivers the gel where it needs to go.

Every Case Is Individual

Unlike some doctors we don't take a *"one-size-fits-all"* approach to our gel treatments. Every person is different. We use *Hyalgan, Genvisc, Supartz or Orthovisc and many more different types* of injection gels and some work better than others depending on the person.

So, even if you've had injection treatments before with no results, chances are that using the right gel will give you the pain relief you need.

Come In For a FREE Knee Screening!

Because we're simply swamped most of the time with referrals and people wanting our treatment, we only have enough slots for *20 FREE screenings a month. But because you received our postcard, simply CALL US AT (646) 650-2522 today and tell the phone specialist you want the "FREE Knee Pain Screening". This GUARANTEES you'll get an appointment that works for you*—even if you're after the 20 we allot for the month.

You can come in, tour our facility and we'll answer any and all questions your may have. *CALL US NOW AT (646) 650-2522.*

You CAN get your life back and do all the things you used to do without the nagging knee pain? CALL US NOW!!!

Sincerely,

The Staff at the Arthritis Knee Pain Centers

P.S. Remember: our treatment is covered *by most major insurances and even Medicare*. There is little—if any—out-of-pocket expense for you. *CALL US NOW!!!*

– Dr. John Rush

Great things to do in New York City this week

You could look at daylight saving time as a glass-half-empty or half-full situation. If you choose to be optimistic, an extra hour of sunlight will force you to go out there and make the most of it after you clock out of work. Here are some events that you can check out this week with your new sense of optimism and drive!

Weezer & The Pixies at Madison Square Garden
Tuesday, March 12
Depending on what camp you fall into, Weezer should have either called it quits after their second album, "Pinkerton," or they have been one of the most consistently fun, if not head-scratching, big bands in modern rock. The band will be headlining MSG this Tuesday on the heels of two releases this year, the cheeseball covers album "The Teal Album," which includes their cover of Toto's "Africa," and their Dave Sitek-produced album "The Black Album." The rest of the bill is top-notch, with indie-rock godfathers Pixies, TV On the Radio (Dave Sitek included) and Basement.

The show starts at 7 p.m. Madison Square Garden is located at 7th Avenue and 32nd Street. Ticket prices vary by section.

Salsa Party at the Brooklyn Museum
Thursday, March 14
The Brooklyn Museum has been celebrating its "season of salsa" all month long coinciding with their Frida Kahlo exhibit. This Thursday they will be throwing a free Salsa Party hosted by Balmir Latin Dance Studio! Those who attend will receive a free class followed by live music and performances from some of the best salsa dance teams Brooklyn has to offer.

The party will go from 6:30 to 9 p.m. Brooklyn Museum is located at 200 Eastern Parkway in Brooklyn. This event is absolutely free!

GETTY

Bob Odenkirk & David Cross at The Bell House
Thursday, March 14 and Friday, March 15
The influence of Bob Odenkirk and David Cross' wildly-ahead-of-its-time sketch show "Mr. Show with Bob and David" can be felt all over the alternative comedy scene. It's safe to say that without their off-kilter brand of obscure humor, we would have never had shows like "Key & Peele," "Inside Amy Schumer" and countless others. It's pretty rare when these two comedy legends take the stage together, so any chance to see them should be taken seriously. The night also promises some surprise guests, so who knows what they have in store.

Both shows start at 7 p.m. The Bell House is located on 149 7th St. in Brooklyn. Both nights are sold out, but this is definitely a situation where StubHub will be your friend! **PAT KING**

LOOSE DENTURES?
Smile with Confidence

$100 off each* NEW denture! Exp: 4/15/19
Miracle on 35th Street
Emergencies And Most Insurance Plans Welcome
Senior Cit. Discounts*
New York's Place for Same Day Dentures for more than 40 Years!
Leaders in Implant Dentistry! - Est. 1977
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!
FREE CONSULTATION
HERALD SQUARE DENTAL™
& THE DENTURE CENTER™
EST. 1977
CALL NOW
212.689.0024
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com
*Offers cannot be combined
*some restrictions may apply

Minimally Invasive Podiatric Surgery
State-of-the-art technology, procedures and techniques with old fashioned care and understanding of your time, comfort and needs.

SEE THE SCAR?
We don't either!
Tiny Incision
BIG RESULTS!
Dr. Larry Cohen, DPM
Midtown Location,
Near Grand Central
36 West 44th Street, Suite 610,
New York, NY 10036,
212-391-1279
Dr. Herbert Abbott
Upper West Side
220 West 98th Street, Suite 1-K,
New York, NY 10025,
212-663-3668
Zocdoc Read our reviews, you'll be amazed!
NYC Foot & Ankle Center
GET IN. GET OUT.
GET ON YOUR WAY.

Megadeth talk the release of their anniversary collection album

"Warheads on Foreheads" is the name of the 35-track album that commemorates the band's 35th anniversary.

GABRIELA ACOSTA SILVA, MWN
letters@metro.us

The group will make an extensive tour around the world. PROVIDED

Megadeth is commemorating their 35th anniversary with the release of "Warheads on Foreheads," a retrospective of their career in 35 songs.

The anthology covers the entire studio career of the band, from their first album "Killing Is My Business" to "Dystopia," and will be available in a special package of three albums and four LPs.

The name of the album is a U.S. military term used to point to efficiency; it's about using the right tool for the job, and these tracks were created for maximum destruction.

Dave Mustaine, co-founder, lead vocalist, guitarist and primary songwriter of Megadeth, reflected with Metro on part of the band's path.

"When I was young, many people told me that I'd better dedicate myself to something else, that I did not need music lessons. I felt frustrated, because that broke my heart and that's why I chose to be a self-taught musician. Music is the way to express myself and is a very important part of my life."

Megadeth's 57-year-old frontman is touring the United States and Canada. He will also play in Latin America at Rock in Rio, in Brazil, on April 10.

"If everyone does their job, things go well. It bothers me to work with promoters that complicate a band's work. I have had bad experiences and I usually warn my friends to work with certain promoters. I am demanding with my music and I am also demanding when I work, especially on tour."

The musician said that he has gone through several artistic stages, but gained perspective and returned to what he likes most.

"This is what Megadeth is. There were several periods in which the band sounded like something else and that was due to the changes in the music industry. I think there was a stage in which metal was forgotten, because you had to be alternative, but in the end, I still do what I like."

This new album material goes beyond music — it shows Megadeth's maturity as musicians.

"I like to be well, in good physical condition. I think I never got to the extreme of following the musician motto "sex, drugs and rock 'n roll." I stopped it in time and I did not have consequences. I love what I do and I worry about giving a good show. If you listen to Megadeth for the first time, I suggest you start with this anniversary album, because chronologically it shows how the band matured at each stage."

Considered one of the four great bands of thrash metal, their influence has reached several generations.

"I'm really excited about 'Warheads on Foreheads,' because with all those songs, the countless riffs, you can go from one song to another without getting bored," Mustaine added.

Call today to connect with a
SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**. Our Advisors are **trusted**, **local experts** who can help you understand your options.

UNDERSTAND YOUR OPTIONS
Learn the different types of senior care available

LOCAL KNOWLEDGE
Our Advisors have the local knowledge to help you hand-pick communities in your area

SIMPLIFY
Your dedicated Advisor will simplify your search and help schedule tours

EXPERIENCE
Our Advisors help thousands of families understand their options every day

aPlaceforMom.

There's no cost to you!
(800) 216-3930
! We're paid by our partner communities

Joan Lunden, former host of *Good Morning America* and senior living advocate.

Money Market and CDs?
Mix and match.

Money Market[1]
2.10% APY for Popular Rewards Gold customers. $10,000 Minimum. Rate guaranteed for 6 months.

Certificates of Deposit[2]
2.65% APY for 13 months
2.75% APY for 17 months
2.90% APY for 23 months
For Popular Rewards Gold customers. $1,000 Minimum. More terms available at popularbank.com/savemore.

Make it work for you. Visit popularbank.com/savemore or stop by a branch nearest you to get started.

POPULAR.

1. The following promotional Annual Percentage Yields (APYs) will be effective for 6 months from the account opening date as follows: Gold Rewards customers, 2.10 % APY. Silver Rewards customers, 2.05% APY and 2.00% APY for all other customers. To qualify for the promotional APY, new or existing customers must open an Optimum Money Market Account with a required minimum balance and opening deposit of $10,000 in new money. New money is defined as deposits not previously held with Popular Bank. Please refer to "Your Guide to Optimum Money Market Account" for further details. After the 6-month promotional period has ended, the promotional rate will be set to the standard rate at the time. The standard rate is a variable rate that is subject to change without notice. Fees may reduce earnings in the account. To qualify for Gold or Silver Rewards promotional rates, you must be eligible for those Popular Rewards tiers benefits at account opening date. Popular Rewards Terms and Conditions will apply. Please refer to "Your Guide to Popular Prestige Checking" and to the Popular Rewards Terms and Conditions for more information. Popular Bank, in its sole discretion, reserves the right to change or terminate this offer at any time. 2. Promotional Annual Percentage Yields (APYs) effective as of 02/25/19 and valid on the initial term. To qualify for the promotional APY, customers must open a CD with a required minimum balance and opening deposit of $1,000 in new money. New money is defined as deposits not previously held with Popular Bank. APY assumes principal and interest remain on deposit until maturity. A penalty will be imposed for early withdrawal. Fees may reduce earnings on the account. Automatically renews with the rate applicable at that time for the same term. Promotional APYs as follows: Gold Reward customers: 13-Month CD: 2.65% APY, 17-Month CD: 2.75% APY, 23-Month CD: 2.90% APY. Silver Reward customers: 13-Month CD: 2.60% APY, 17-Month CD: 2.70% APY, 23-Month CD: 2.85% APY; All other customers: 13-Month CD: 2.55% APY, 17-Month CD: 2.65% APY, 23-Month CD: 2.80% APY. To qualify for Gold or Silver Rewards promotional rates, you must be eligible for those Popular Rewards tiers benefits at CD opening date. Popular Rewards Terms and Conditions will apply, and a Popular Prestige Checking account is required to qualify. Please refer to "Your Guide to Popular Prestige Checking" and to the Popular Rewards Terms and Conditions for more information. • This offer is available in all Popular Bank branches and via our website from 02/25/19 till 04/30/19. Copyright © 2019 Popular Bank. Member FDIC

SPORTS

Jets missed golden chance at AB

The Raiders will acquire Antonio Brown from the Steelers in a deal the Jets could have made easily.

JOE PANTORNO
joseph.pantorno@metro.us

Antonio Brown is headed to the Oakland Raiders. The deal will be completed on Wednesday. GETTY IMAGES

As we turned the clocks back for daylight saving time, the New York Jets turned back the clock in yet another display of puzzling disinterest.

During the wee hours of Sunday morning, it was reported that the Pittsburgh Steelers will send Antonio Brown to the Oakland Raiders, bringing an end to the contentious relationship between the star wide receiver and the AFC North franchise.

The 30-year-old has been one of the most prolific and productive pass catchers in the game, recording over 100 receptions and at least 1,200 yards in each of the past five seasons.

Yet a fallout with head coach Mike Tomlin, quarterback Ben Roethlisberger and management forced the Steelers to search for a deal to ship Brown out of town.

The baggage undoubtedly led to some teams shying away from pursuing a deal, but the promise of acquiring such a playmaking talent can outweigh such flaws.

It's a reason why the Jets should have made more of a play for Brown.

Second-year quarterback Sam Darnold is devoid of dangerous talent on the outside as his wide-receiving corps doesn't exactly instill fear in opposing secondaries. Jermaine Kearse is a free agent this winter while Robby Anderson and Quincy Enunwa would be far more effective in a supporting role behind a top-tier receiver like Brown.

Instead, they merely submitted an initial inquiry and nothing more, per Manish Mehta of the New York Daily News.

What makes their lack of interest even more bewildering is what it took for the Raiders to nab Brown.

For the game's top receiver, all Oakland had to do was part ways with a third- and fifth-round draft pick this year. They also will re-structure Brown's contract to make him the highest-paid receiver in the NFL.

With the draft assets to offer the same kind of deal, Brown's new contract would have been chump change for the Jets, who have the second-most cap space in the NFL behind only the Indianapolis Colts.

It would have given the Jets a future Hall of Famer to help with the development of their young franchise quarterback that would have quickly sparked the organization's rebuilding efforts.

Now it might be Le'Veon Bell or bust for the Jets, who need to add a transcendent addition to the offense when free agency begins on Thursday or else they will likely be relegated to another mediocre season in the AFC East behind the New England Patriots.

MEDICAL RESEARCH To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Columbia University Medical Center | New York State Psychiatric Institute

NYSPI IRB Approved 1540 8/7/2018 -> 8/6/2019

Do you have hearing loss?
Are you feeling depressed?

We are seeking research participants to help us understand the relationships between Depression and Hearing Loss

If you are 60 years or older and have moderate to severe hearing loss, you could participate in a research study that provides:

- Comprehensive cognitive testing
- Hearing aids • Depression treatment
- Travel compensation

If interested, please call the Clinic for Aging, Anxiety, and Mood Disorders at **646-774-8672**

This study is being conducted at NYSPI/ Columbia University Medical Center

Are you HIV+ and experiencing discomfort related to Peripheral Neuropathy?

You May Be ELIGIBLE To Participate If You Are:

- HIV+/AIDS
- Experiencing *pain, numbness, aching, burning, or "pins and needles"* sensation in the lower legs and/or feet for 2 months or greater
- 18 years of age or older

The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of $220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information
Call: (212) 365-0346

NEW YORK UNIVERSITY

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

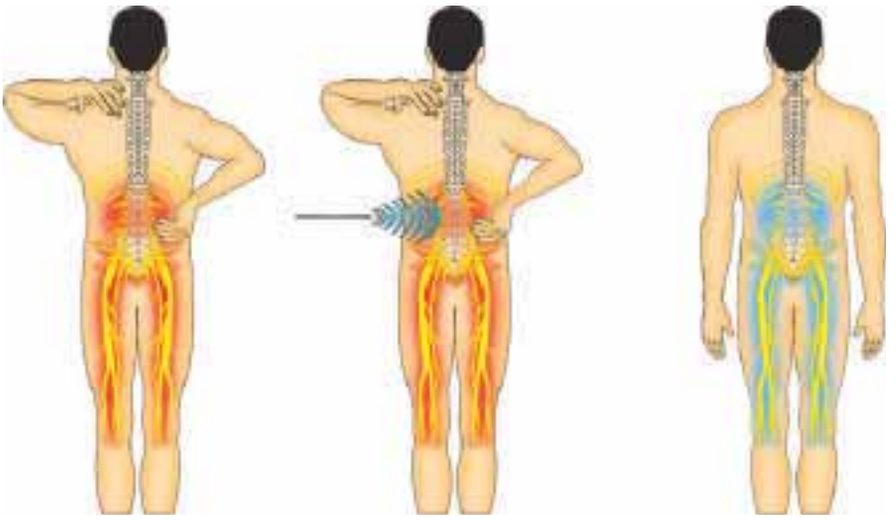
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

877-907-2934

CAREER TRAINING

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Liberty High School Vt.

JOBS
We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus Q002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES
6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
1(800) 220-5494 or (718) 205-0557
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
212-564-3882 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

Driver's Wanted! $60 p/h
Drive Executives • Will Train • Men/Women
Cash Daily • 10 hr Shifts
212.465.2544 | 862.596.8671

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Serial # Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in Restaurant under the Alcoholic Beverage Control Law at 689 9th Ave., New York, NY 10036. New York County, for on-premise consumption. CLL Capital Inc. d/b/a AA Jing

metroCLASSIFIEDS
To place an ad call 866-900-9473

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY. U.S. BANK TRUST, N.A., AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Pltf. vs. ANJANIE RAMLACKAN, et al, Defts. Index #713260/2017.
Pursuant to judgment of foreclosure and sale entered Feb, 5, 2019, I will sell at public auction in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Blvd., Jamaica, NY on Friday, Mar. 29, 2019 at 10:00 a.m., prem. k/ 182-16 144th Avenue, Springfield Gardens, NY
a/k/a Block 13093 Lot 17.
Said property located at a point on the southerly side of 144th Avenue, distant 80 ft. easterly from the corner formed by the intersection of the said southerly side of 144th Avenue with the easterly side of 182nd Place; being a plot 40 ft. x 100 ft. Approx. amt. of judgment is $976,275.05 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.
For sale information, please visit Auction.com at www.Auction.com or call (800) 280-2832.
PETER TOMMASO, Referee.
COHN & ROTH,
Attys. for Pltf.,
100 East Old Country Road, Ste. 28,
Mineola, NY. #96479

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 62 West 56th St., Unit 102, New York, NY 10019. New York County, for on premises consumption. Beyond Sushi NYC Inc. d/b/a Beyond Sushi.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for on Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 210 Sixth Ave., Unit 1F, New York, NY 10012. New York County, for on premises consumption. Prinkipas LLC.

PSYCHICS

LOVE MASTER & MYSTICAL SPIRITUAL HEALER PROF. SALAAM
HELPS WITH LOVE SITUATIONS, RETURN OF LOVED ONES, BLACK MAGIC, SPELL, VOODOO, LUCK, FINANCES, CAREER, EXAMS, COURT, PROTECTION,...
CALL NOW 917-595-9916
48 HOURS RESULTS

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT - COUNTY OF QUEENS
U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE CSMC MORTGAGE-BACKED PASS-THROUGH CERTIFICATES, SERIES 2007-1, Plaintiff, Against ANNOLIO TOUSSAINT, MARIE TOUSSAINT, ET AL., Defendant.
Pursuant to a Judgment of Foreclosure and Sale, duly entered 12/6/2018, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 4/12/2019 at 10:00 am, premises known as 104 23 214th Street, Queens Village, NY 11429, and described as follows:
ALL that certain plot piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 11099 and Lot 27.
The approximate amount of the current Judgment lien is $441,008.25 plus interest and costs. The Premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 709871/2015.
Dominic A. Villoni, Esq., Referee.
SHELDON MAY & ASSOCIATES
Attorneys at Law,
255 Merrick Road,
Rockville Centre, NY 11570
Dated: 3/4/2019
File Number: 28909 MNB

REAL ESTATE

Rooms for Rent

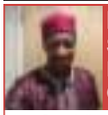
All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-210-0921

PSYCHICS


MR SERINE
Spiritual Healer & Coach
Specialized in all kind of Love Situation
Remove all kind of black magic, Witchcraft, Evil Spirits, Curse & Depression
We restore luck, jobs, position, impotence, sexual desires, court case & more...
Destroy enemies & offer protection
100% Guaranteed result in 7 days!
CALL 718-200-8126
www.benmedium.com

metroCLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

INDIAN ASTROLOGER & PSYCHIC READER
MOST POWERFUL PANDIT : VIKRAM RAJ
ONE CALL, ONE VISIT WILL CHANGE YOUR LIFE
SPECIALIZED IN : BRINGING LOVED ONES BACK, EVEN HOPELESS CASE
Expert in Removing BLACK MAGIC Bad Luck, Voodoo, Obeah, Witchcraft, & Evil Spirits
100% GUARANTEED RESULTS
VIKRAM RAJ IS AN EXPERT IN REMOVING PROBLEMS LIKE
* BUSINESS * STOP DIVORCE * CHILDREN MISTAKES
* BAD LUCK * WORK PROBLEM * COURT CASES
* BLACK MAGIC * FINANCIAL PROBLEM * CHILDLESS COUPLES
* REUNITE LOVERS * HUSBAND & WIFE PRO. * SEXUAL PROBLEMS
CALL FOR APPOINTMENT PRIVATE & CONFIDENTIAL
347-279-7360
104-14, 118st, S. Richmond Hill, NY - 11419
(Private House)

WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER
PANDITH : SAI GANESH
PALM READING * FACE READING * HOROSCOPE
IF YOU HAVE TROUBLES, I HAVE SOLUTIONS
100% REMOVAL OF BLACK MAGIC BAD LUCK EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION
LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH * JOB * MONEY * LUCK * BIRTH STONES * DEPRESSION * ENEMY * SEXUAL PROBLEM * COURT CASES * ETC..
SPECIALIZED IN BRINGING LOVED ONES BACK
100% GUARANTEED RESULTS
Call for Appointment: 8 AM to 9 PM
PRIVATE & CONFIDENTIAL
929-485-9011
104-12 116th St., Liberty Ave, South Richmond Hill NY 11419 (Private House)

Mr. SAIDOU
International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.
Call 516-206-8543 and 646-339-9948
132nd Street, 7th Ave., Manhattan, NY

UNIQUE SPIRITUAL HEALER & ASTROLOGER
HEALER VISHNU
SPECIALIZED IN BRINGING LOVED ONES BACK
100% REMOVAL OF BLACK MAGIC
* LOVE * FAMILY * DEPRESSION
* CHILDREN PROBLEM * ENEMY
* HEALTH * JOB * MONEY * SEXUAL PROBLEM
* LUCK* STOP-DIVORCE * BLOCKAGE
* COURT CASES ETC..
Result in 5 to 8 Days 100% GUARANTEED RESULTS
CALL FOR APPOINTMENT
929-500-6964
Service Available in Brooklyn & Queens Also

GAMES

metro.us/crossword

Powered by Arkadium

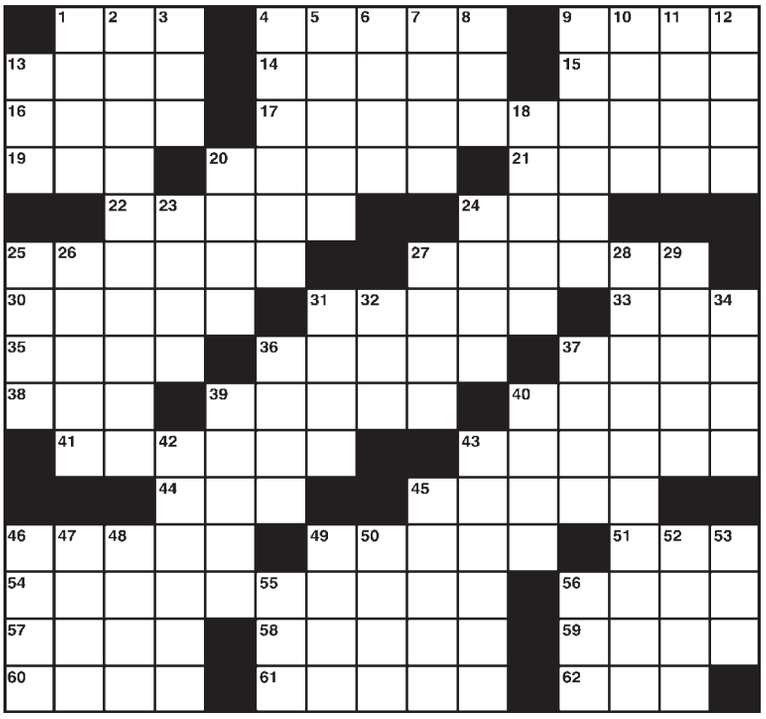
Check your answers at metro.us/games

ACROSS

1 Fido's foot
4 "Yabba __ Doo!"
9 Additionally
13 "Cross my heart and __ to die"
14 African lilies
15 Midday
16 "Once __ a time..."
17 Sharp table utensil
19 Become firm
20 Bracelet dangler
21 Female relatives
22 Yellow shade
24 Not __ long shot
25 Pricey car
27 Misgivings
30 Skillful
31 Seal cracks
33 Unwell
35 Tubs
36 Deadly
37 "Guilty" or "Not guilty"
38 Parisian pal
39 Was bold
40 Nat King & Old King
41 Few and far between
43 One of Jacob's 12 sons
44 Abdomen
45 Glossy black bird
46 Actor Buddy
49 Put on, as a play
51 Org. for Nets & Nuggets
54 Covering completely
56 Expired
57 Tap a baseball
58 Steer clear of
59 Pitcher's delights
60 Watches
61 Drive too fast
62 "I __ Rock"; 1960s song

DOWN

1 Leo XIII's title
2 Remorseful
3 Actress Ming-Na __
4 One of Santa's reindeer
5 Sanctuary table
6 South African Dutchman
7 Sun's ray
8 Invite
9 Yearbook
10 Cut of pork
11 Mattress buyer's choice
12 Wallet items
13 Embrace
18 Paddled boat
20 Talk casually
23 Pieces of china
24 Male animal
25 Coffee
26 2nd U.S. president
27 Many an ATV
28 Long period of time
29 Slumber
31 Give a hoot
32 Dined
34 Word attached to eye or whip
36 Verifiable truth
37 Sit for an artist
39 Blotto
40 Sheltered bay
42 Representatives
43 Uneven
45 "Home on the __"
46 Recedes
47 Depressed
48 Of sound mind
49 Traffic sign
50 Surfer's concern
52 Alpha's follower
53 Commercials
55 Begley & Bradley
56 __ double take; look twice



BY TCA

metro.us/wordsearch

T	N	A	R	U	A	T	S	E	R
K	Y	D	Y	K	J	C	A	T	E
B	X	A	T	F	F	I	L	B	K
D	A	M	D	B	W	P	G	U	I
S	L	S	R	V	B	H	U	O	H
Z	A	A	R	O	T	C	O	D	H
I	G	L	U	E	C	W	D	I	C
M	C	O	M	P	U	T	E	R	T
D	H	A	C	O	U	A	J	K	I
H	G	Y	L	T	N	E	G	E	H

Adams
BBC
Computer
Dirk
Doctor
Doubt
Douglas
Galaxy
Game
Gently
Hitchhiker
Liff
Restaurant
Salmon
Who

metro.us/wander

Category: Fictional Character

	A	L
Y	W	K
K	R	E
S	U	L
E	K	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

9	2	5	7	8				
8	4				9		2	
		6			5		8	
6	3	2			7		5	4
		9	5		2	7		
7	5		4			9	6	2
	6		9			3		
	9		2				4	1
				4	6	2	9	5

Yesterday's Answers

W	A	D	I			U	F	O	S		S	L	O	P
O	M	E	N	S		N	I	N	E		T	O	G	A
R	I	V	A	L		S	T	A	R	B	O	A	R	D
D	D	E		O	R	E			E	R	O	D	E	S
		L	O	W	E	R			N	A	G			
A	T	O	N	E	D			B	I	S	E	C	T	
C	A	P	E	R		S	P	I	T	S		L	A	B
T	H	I	S		P	I	E	T	Y		T	Y	K	E
S	O	N		S	I	N	G	E		F	A	D	E	S
	E	G	G	N	O	G			D	O	C	E	N	T
			R	A	N			W	A	N	T	S		
E	S	C	A	P	E			O	D	D		D	U	D
C	O	U	N	S	E	L	O	R		A	W	A	K	E
H	O	R	N		R	I	C	K		S	A	L	E	M
O	N	L	Y		S	E	T	S			N	E	S	S

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, Suite 220 New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** Terry Moseley, Terry.Moseley@metro.us • **News Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

ARE YOU SUFFERING FROM..?

OR OTHER SYMPTOMS LIKE: ☐ ACHING ☐ BURNING ☐ ITCHING ☐ RESTLESSNESS

- **Personal** & discrete care delivered directly by Ronald Lev, MD
- **Certified** by the American Board of Venous and Lymphatic Medicine (ABVLM)
- **Minimally** invasive procedures
- **We Accept** Most Health Insurances including Medicare

CALL TODAY!

212.204.6501

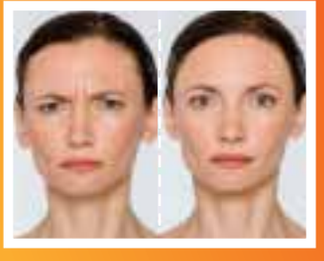
Trust the doctor that cares about you!

GET IN SHAPE WITH JUST 1 SESSION

SmartLipo

Precision TX

Cellulaze



Botox

212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St, Ste 1450 *(bet Cliff & Pearl St)*
New York, NY 10038

369 Lexington Ave, Ste 18 A *(bet 40th & 41st St)*
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM